

PLANNING ÉTÉ 2025

lundi	mardi	merc.	jeudi	vendr.	samedi	dim.
PLANET AQUA AQUADYNAMIC 9h30 LES MILLS BODYPUMP 10h15 10h30 WATER FORM AQUACYCLING 12h30 TRX TRAINING TRX 12h30 12h30 LES MILLS BODYBALANCE 12h30 ACCROSPORT AQUATRaining 13h00 LES MILLS GRIT STRENGTH 17h30 LES MILLS BODYPUMP STATION 45 17h30 17h40 PLANET AQUA AQUADYNAMIC 18h LES MILLS SPRINT 18h30 LES MILLS BODYATTACK LES MILLS RPM TRX TRAINING TRX 18h40 WATER FORM AQUACYCLING 19h30 LES MILLS CORE	12h30 LES MILLS CORE 12h30 ACCROSPORT AQUABOXING 12h30 STATION 45 17h30 LES MILLS BODYBALANCE 17h40 WATER FORM AQUACYCLING 18h LES MILLS RPM 18h15 LES MILLS CORE STATION 45 18h30 18h40 PLANET AQUA AQUADYNAMIC 19h LES MILLS BODYPUMP 19h30 LES MILLS RPM	9h15 LES MILLS BODYPUMP 9h30 ACCROSPORT AQUATRaining 10h15 LES MILLS CORE 10h30 PLANET AQUA AQUADYNAMIC 12h30 TRX TRAINING TRX 12h30 WATER FORM AQUACYCLING 13h00 LES MILLS SPRINT 17h30 LES MILLS RPM 17h40 PLANET AQUA AQUADYNAMIC 18h00 LES MILLS GRIT STRENGTH 18h30 LES MILLS BODYBALANCE TRX TRAINING TRX 18h40 ACCROSPORT AQUATRaining 19h30 LES MILLS BODYPUMP STATION 45	10h15 LES MILLS BODYBALANCE 12h30 LES MILLS RPM LES MILLS CORE 17h30 LES MILLS CORE 17h40 ACCROSPORT AQUABOXING 18h00 STATION 45 18h30 LES MILLS BODYCOMBAT LES MILLS RPM 18h40 WATER FORM AQUACYCLING 19h00 TRX TRAINING TRX 19h30 LES MILLS SPRINT	9h15 LES MILLS RPM 9h30 PLANET AQUA AQUADYNAMIC 10h15 STATION 45 10h30 WATER FORM AQUACYCLING 11h30 ACCROSPORT AQUATRaining 12h30 LES MILLS BODYPUMP 17h30 LES MILLS BODYPUMP 18h30 LES MILLS BODYJAM LES MILLS RPM 19h30 LES MILLS BODYBALANCE	9h15 STATION 45 9h30 PLANET AQUA AQUADYNAMIC 10h15 LES MILLS BODYPUMP TRX TRAINING TRX 10h30 WATER FORM AQUACYCLING 10h45 LES MILLS SPRINT 11h15 LES MILLS BODYBALANCE	10h15 LES MILLS CORE 11h15 LES MILLS RPM